

CONTACT TRACING is an easy, confidential process that slows the spread of COVID. If you test positive for COVID, you will be contacted by the NC COVID Community Team through text, email or a phone call. Their job is to learn where you might have been exposed and who else might have been exposed to the virus. A NC COVID Community Team member will notify your close contacts of their exposure and provide them with available support to stay healthy. All information that you provide is confidential and is not shared outside of the NC COVID Community Team.

Mia and Mark are at the same birthday party over the weekend.



A few days later, Mia begins to show symptoms for COVID-19 and tests positive.



The NC COVID Community Team receives Mia's positive test results and contacts Mia through text, email or a phone call. Mia provides a list of people who have been in close contact with her. Any text messages from the NC COVID Community Team will come from the number 45394.

DID YOU KNOW? A close contact is defined as those you have been within 6 feet of for more than 15 minutes within a 24 hour period. These do not have to be consecutive minutes.



The NC COVID Community Team contacts Mark through text, email or a phone call, to notify him that he may have been exposed to COVID-19. Any text messages from the NC COVID Community Team will come from the number 45394.

*The NC COVID Community Team representative keeps Mia's identity anonymous when notifying her contacts of their exposure.



The NC COVID Community Team provides Mark with information on how to quarantine, when to get tested, and how to access available support services. Mark begins to quarantine and there are **two possible things that can happen:**



DID YOU KNOW? Your information will never be shared with other organizations – it will only be used to assist contact tracing efforts. Contact tracers will also never ask you to provide information such as credit card information or immigration status.

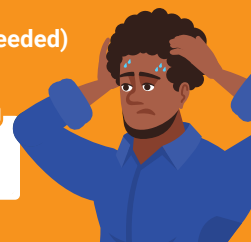
Mark does not test positive. Mark continues to monitor for the development of symptoms and wears a face mask whenever social distancing is not possible until 14 days have passed since his last known exposure. If Mark still hasn't developed symptoms 14 days after his last exposure to COVID, his quarantine may end.**

**CDC guidance allows the reduction of quarantine under certain circumstances which may be implemented at the discretion of your local health department.



Mark tests positive or develops symptoms. Mark needs to:

1. **Isolate** for at least 10 days since symptoms started
2. Get medical help (if needed)



DID YOU KNOW? Help is available. The NC COVID Community Team can offer advice on taking care of yourself, and may be able to connect you to available support such as delivery of groceries, medication(s), and COVID-19 related supplies like masks and a thermometer.

Isolation is for infected persons; **quarantine** is for exposed persons without symptoms or a positive test result. **Isolation** requires a person to stay entirely in their own space (room and bathroom) away from others until recovery, while **quarantine** requires a person to monitor themselves for COVID-19 symptoms and, if possible, to stay away from others for 14 days since last exposed to COVID-19.

BE THE ONE.

You can help slow the spread of COVID-19. If you receive an email from NC-ARIAS-NoReply@dhhs.nc.gov, a text from 45394, or see your local health department or NC Outreach number (844-628-7223) appear on your phone caller ID, please answer us to protect your community and the people you care about. You may also call NC Outreach (844-628-7223) to learn more about available support to stay healthy.



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES

covid19.ncdhhs.gov